

HSI Advisory Panel

Martin Milner, N.D.

Professor, National College of Natural Medicine; President, Center for Natural Medicine, Portland, OR; www.cnm-inc.com

Jon Barron

International lecturer, researcher, and author, Los Angeles, CA

Eric Berg, D.C., C.R.A.

Founder, Health and Wellness Center, Alexandria, VA

Hyla Cass, M.D.

Orthomolecular physician and psychiatrist, www.cassmd.com, Los Angeles, CA

Richard Cohan, D.D.S., M.A., M.B.A.

Professor, University of the Pacific School of Dentistry, San Francisco, CA

Isaac Eliaz, M.D., M.S., L.Ac.

Doctor and researcher specializing in integrative medicine and cancer. Sebastopol, CA

M.M. Sree Ganesh, M.D.

Family practitioner, holistic and natural medicine, Petaling Jaya, Malaysia

Ann Louise Gittleman, Ph.D., C.N.S.

Award-winning author, columnist, and media personality, www.annlouise.com, Hayden Lake, ID

Elson Haas, M.D.

Director, Preventive Medical Center of Marin, www.elsonhaas.com, San Rafael, CA

Tadahiro (Kohhei) Makise, M.D.

Medical director, Makise Clinic, Osaka, Japan

Stephen Morrissey, O.M.D.

Founder, Center for Energetic Medicine and Botanica Bioscience, Ojai, CA

Michael E. Rosenbaum, M.D.

Allergy, immunology, and clinical nutrition, Corte Madera, CA

Allan Spreen, M.D.

Advisor on alternative medicine, Discovery Channel, Phoenix, AZ

Leslie Taylor

Founder and president, Raintree Nutrition, Carson City, NV

The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Finally! Blessed relief from the never-ending pain of fibromyalgia... from a most unexpected source

by Michele Cagan

It's a deep, all-encompassing pain that virtually never goes away.

Nothing stops the agony for long, and a simple touch—a kiss from your wife, a hug from your grandson—can set off agonizing waves of pain. Along with that can come overwhelming weariness, crushing depression, feelings of hopelessness, and the frustrating difficulty of making it through the day.

No drugs make it better, at least not for long, and not without the risk of side effects.

But HSI members discovered an amazing and unexpected benefit—blessed relief from fibromyalgia symptoms—from a seemingly unlikely source.

HSI discovery brings even more than its promise

When I first told you about NT Factor lipids back in December 2011 (in a product called OptiFactor), there was limited research and unlimited promise for crippling fatigue.

Less than two years later, in your October 2013 *Members Alert*, there was more fatigue research, along with an even easier way to get plenty NT Factor lipids in a tasty wafer (Vibrant & Clear Energy Wafers).

So many of you tried the wafers, with positive results. And along the way, several HSI members experi-

enced a surprising “side effect:” profound relief from a debilitating chronic condition.

These wafers (and the OptiFactor capsules as well) do something no Big Pharma drug has been able to do: offer substantial improvement from the life-crushing and painful symptoms of fibromyalgia. Because along with never-ending pain and overwhelming fatigue, fibromyalgia can also cause

- “fibro fog,” trouble remembering and thinking clearly
- troubled sleep
- headaches
- morning stiffness
- numb or tingling hands and feet
- extreme sensitivity to hot and cold
- extreme sensitivity to bright lights or loud noises

When you're forced to deal with those symptoms day after day with no relief, life can seem like an endless struggle.

Fibromyalgia takes an enormous toll

Fibromyalgia impacts you in so many ways, and the physical pain and fatigue are just the start.

In fact, according to one eye-opening study¹, in just three months people with severe fibromyalgia

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

Director

Jenny Thompson

Managing Editor

Michele Cagan

Associate Director

Michelle Richenderfer

Designer

Matthew S. Mayer

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Blessed relief from fibromyalgia pain

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- take an average of three pharmaceutical drugs to manage their symptoms
- have *seven* office visits with health care providers
- pay an average \$2,329 in direct out-of-pocket expenses
- bear an additional estimated \$8,285 in indirect costs (like missed work and unpaid help from family and friends)

That's more than \$10,000 in just one month!

And, sadly, even with such high costs, fibromyalgia sufferers rarely found true relief.

That's about to change.

A painful, lifelong struggle with fibromyalgia finally turns around...

Miracles from the Vault, HSI's popular encyclopedia of cures, turned out to be a real life miracle for Sandra Roland.

A lifelong struggle with fibromyalgia left Sandra with a normal but limited life. She had problems communicating through speech, endured severe headaches (similar to migraines), was unable to function more than short periods of time ("I'd be up for three hours, then need three hours in bed"), and suffered terrible shooting nerve pain ("I couldn't bear to be touched, it hurt so much").

She'd been to specialists, tried many medications—nothing helped her feel better, but she was saddled with side effects and high medical expenses, and getting ever more depressed and losing hope. "The drugs shut me down," she told me. "And when the seizures started, I started doing my own research."

That's when everything began to turn around.

"God showed me the path to getting better, and led me to HSI"

Determined to find a truly effective solution, Sandra prayerfully looked

into natural alternatives. "I asked God to guide me toward getting better." And during an online search, she was drawn to *Miracles from the Vault*, and decided to join HSI.

Through HSI, Sandra learned about NT Factor, the crucial ingredient in Vibrant & Clear Energy Wafers (though she gets her NT Factor from another product called OptiFactor, made by the same manufacturer).

"NT Factor helped my brain, it gave me back my tongue. I can speak clearly and express myself. My family notices the difference, and the people at my church—everyone notices. I finally have the ability to function all day, with no more seizures and no more depression. Everything hurts less, and I'm less tired. I can even hold a part-time job now, taking care of elderly people. And I'm studying to become a nutritionist."

Sandra has been taking NT Factor for about a year now, and it's been able to help her when nothing else could—something she really noticed when she ran out after her first order. "I felt like I'd taken two steps forward, then fifty steps back. I called the company crying to ask for more, I couldn't be without it." (They sent her some, right away.)

"I give credit to God. He showed me the path to getting better, and led me to HSI."

And Sandra is not the only long-time fibromyalgia sufferer who finally found relief with NT Factor.

"These wafers are a Godsend"

Marion Ralston has struggled with fibromyalgia her entire life, "even before it existed," she told me. I'm 82 years old, and I suffered for so long with no idea what's wrong."

She tried *everything*—pain pills, vitamins—with no help. Sometimes the only minor relief she found was taking an over-the-counter pain pill like Tylenol, then lying down on her

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The unexpected killer that's keeping you awake at night... and the best way to avoid its deadly trap

by Michele Cagan

Your insomnia is killing you... and not in the ways you think.

We're not talking about sleep drug side effects or accidental overdoses. It's not about car accidents caused by driving tired. Insomnia itself is killing you. In more ways than you realize.

The unexpected and deadly impact of lost sleep

A brand new study¹ that looked at more than 23,000 cancer-free American men found that men who had trouble falling asleep faced a 55% higher risk of death from cardiovascular disease. And men who didn't have "restorative sleep" saw a 32% increased death risk from heart-related events.

Even more disturbing, men with chronic insomnia who sleep less than six hours a night are four times more likely to die prematurely, regardless of other risk factors (including smoking, diabetes, hypertension and weight).²

And ladies, this one impacts you, too. A long-term American study³ of more than 2,200 adults found that chronic insomnia triples the death rate. That risk holds no matter what type of insomnia you suffer from: trouble falling asleep, waking up repeatedly during the night, or being unable to fall back to sleep when you do wake up.

As if all that isn't bad enough, lack of sleep can cause all kinds of damage, and even chronic disease.

Triple the risk for Type 2 diabetes... and it gets worse

But it's not just long-term lack of sleep that can do you in. Researchers found that even one night of sleep deprivation resulted in higher blood levels of two key markers for brain damage,⁴ and that study was done with healthy young men.

That same study team found that the dangerous combination of short sleep duration and insomnia substantially increased the risk of developing hypertension⁵ by 500% and nearly tripled the risk for Type 2 diabetes.⁶

On top of that, a large (41,192 adults) Swedish cohort study⁷ found that short sleep duration (not getting a full night's sleep) was directly related to an increase in heart attack risk and other "cardiovascular events." That may be due to the fact that sleep deprivation has been shown to increase heart rate and inflammatory proteins like CRP⁸ (C-reactive protein), both known to increase risk of heart disease.

What's more, new research⁹ reveals that too little sleep alters your immune system, which can lead to a whole host of ailments. And while all these consequences are distressing, those studies don't talk about how hard it is to get through the day on minimal—if any—sleep.

"I'd eat a bucket of nails if you told me it would help me sleep"

That's the title of a 2013 study,¹⁰ where researchers tried to learn how people feel about having insomnia (I bet you're thinking about how ridiculous that sounds).

Not surprising to anyone who's suffered sleepless nights, the study participants (all of whom were heart failure patients) "perceived insomnia as having a negative impact on daytime function."

Another thing those researchers learned: People with insomnia feel that they often need sleeping pills, but they don't like taking them because of the next-day side effects.

And with very good reason.

More likely to harm you than help you

A burning sensation in your hands and feet. Uncontrollable shaking. Difficulty staying balanced. Dizziness, headaches, unusual dreams, and weakness.

If this list doesn't scare you, it should, because these are the *common* side effects of sleep drugs, including Sonata, Lunesta, Ambien, Halcion, and Rozerem.

It gets worse. Some common sleep drugs (including Ambien, Lunesta, and Sonata) cause what are known as

"complex sleep-related behaviors." These include making phone calls, eating, and driving *while you're still asleep*. And old-school benzodiazepine drugs (like Halcion and Dalmane) were found more likely to cause harm than to help.¹¹

So it's really no wonder people only turn to these highly hazardous drugs when they're really desperate.

Thankfully, there's a much better solution, a safe natural sleep aid that will help you fall asleep, stay asleep, and wake up feeling rested and refreshed every day.

Forget knock-out fast, it's all about the morning after

Pharmaceutical sleeping pills focus on knocking you out fast and hard, never mind how you feel the next day (hung over, drowsy, confused).

But the real measure of a sleep aid should be how you feel in the morning. Waking up restored and energized is a sure sign that you've gotten a good night's sleep—not just passed out in a sedated haze.

And that's where SleepCycle is different from everything you've tried before.

You won't drop off instantly. Rather, you'll feel a sense of calm as you naturally drift off to sleep, and stay asleep until it's the right time to wake up in the morning.

Even better, SleepCycle has an improving effect. The longer you use it, the more quickly and easily you'll fall asleep. And your sleep quality will get better, too, as the formula encourages slow wave sleep—the deepest phase of sleep.

Could termite food be the secret to rejuvenating sleep?

Locked deep underneath the earth's surface in China, hidden in a place usually only accessible to the notorious *Odontotermes formosanus* termite, lives a rare cinnamon-brown fungus known as *Xylaria Nigripes*—or Wulinshen, as it's familiarly called.

This potent termite food, rich in a wide variety in nutrients, holds a secret...

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side... but sometimes even that didn't work because it hurt to stay in one position too long.

In desperation, Marion tried Cymbalta (one of the drugs doctors often prescribe for fibromyalgia patients). It made her feel even worse. "I had five falls from 2011-2012, I fell backward. So then I was afraid to take Cymbalta anymore and worked with my doctor to get off it (you can't just stop taking it, you know)."

Then a family friend told Marion about Vibrant & Clear Wafers, and she tried them. After just three months, her symptoms have eased up considerably—she's not even using Tylenol anymore. And while before she was sometimes sleeping in a chair because the pain was so bad, with the wafers, she's sleeping much better.

"These wafers are a Godsend. Even when I had the flu, they kept me going. I didn't expect them to work as well as they did. But it's so much better now."

The fibromyalgia-NT Factor connection

It seems surprising that an energy wafer could have such a profound and positive impact on a debilitating disease like fibromyalgia. But a grueling search through scientific research showed me why this solution makes so much sense.

In fact, studies have found that fibromyalgia patients (compared to "normal" subjects) have

- increased oxidative stress²
- higher levels of oxidized, damaged lipids in their blood cells³
- antibodies to phospholipids⁴
- increased mitochondrial dysfunction⁵

And it turns out that mitochondria—the tiny powerhouses that fuel your cells—play a bigger role than scientists thought in chronic pain conditions like fibromyalgia.⁶

It's no wonder NT Factor has had such a positive impact on fibromyalgia patients, who seem to have much

higher levels of mitochondrial and lipid damage, some brought on by their very own antibodies. Because what NT Factor does, how it's able to bring on such profound relief, is supply fresh, perfect phospholipids to damaged mitochondrial membranes.

Giving those critical cell membranes everything they need

When it comes to cell health, mitochondria mean everything. And without perfect mitochondrial membranes, everything breaks down. Those crucial

The frustrating fibromyalgia diagnosis-go-round

If you've been suffering with fibromyalgia, you've probably been on a very frustrating diagnostic merry-go-round.

That endless circle of misdiagnoses often starts with an insulting suggestion that "it's all in your head," typically coupled with a prescription for an antidepressant.

And because the symptoms of fibromyalgia can be similar to other illnesses, doctors very often get it wrong.¹⁶ So you're being mistakenly tested and possibly treated for rheumatoid arthritis, chronic fatigue syndrome, peripheral neuropathy, or depression (to name a few)... and none of the expensive tests and prescriptions are really helping.

Not only are you paying for services and medications that you didn't really need, you're also left suffering longer than necessary because you were misdiagnosed.

Right now, there's still no widely accepted definitive diagnostic test for fibromyalgia, though last year a new blood test (called FM/a) came on the market. Many doctors still base their eventual diagnoses on your pain symptoms. And maybe that, coupled with this new blood test, could turn into a very effective way to finally stop the expensive and frustrating diagnosis-go-round.

membranes are made up of very fragile essential lipids... and they're constantly under attack, particularly from free radicals inflicting oxidative damage.

That damage can result in widespread pain, unbeatable fatigue, and many more disabling symptoms. In fact, it turns out that these mitochondrial membrane lipids may have an enormous impact on disease.⁷

And while your body recognizes and desperately tries to fix damaged lipid problems, it can't... at least not without the right raw materials. Because imperfect replacement lipids won't do the trick. Even if you're taking lipid supplements (like fish oil, for example), what eventually gets to your cells isn't perfect... and your body needs *perfect*.

But replace those damaged lipids with NT Factor, a pristine source of flawless lipids, and your whole body, every single cell, feels the benefit. Perfect, readily available replacement lipids will:

- help prevent further oxidative damage
- take the place of already damaged mitochondrial membrane lipids
- restore optimal mitochondrial function
- fix and protect cell membranes to restore proper cell signaling

This one simple but crucial fix gets your mitochondria and the cells they power working the way they're meant to.

And that can have another unexpected but highly beneficial impact.

HSI member finds significant pain relief... and a very odd (good) side effect

I admit it. I was skeptical when HSI member Stan Hobart told me his experience with Vibrant & Clear Energy Wafers.

But then I uncovered a very enlightening scientific study (more on that in a moment) that added a lot of weight to his report.

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After reading about them in his October 2013 *Members Alert*, Stan decided to try the energy wafers. Soon, he noticed a boost in his day, and something even more helpful. You see, Stan suffered with spinal and radiating nerve pain. But after taking the wafers for a little while, he felt like his body “let go of the pain signals.” He’s finally able to do more physically.

And then he noticed something else entirely. The wafers seemed to help his hearing.

Sounds a little crazy, but Stan told me he can now hear lower and higher registers than he has in a long time. He can hear better and more clearly. It seemed very unlikely that had something to do with the wafers...

Until I found some research that made the hearing connection much more clear.

Is this energy wafer the key to better hearing?

A brand new study⁸ (just published in February 2014) sheds new light on age-related hearing loss. It seems that the degree of hearing loss is linked with cell degeneration, and especially with the mitochondria—the cells’ energy plants.

And here’s where the wafers seem to come in: According to another study,⁹ many people with progressive inner ear hearing loss—as many as 50%—may have antibodies to phospholipids, just like so many fibromyalgia patients. And when their own bodies attack phospholipids, those essentials of their cell membrane components, their hearing suffers.

So it makes sense that replacing the phospholipids attacked by antibodies and repairing the damaged cell membranes with Vibrant & Clear Energy Wafers could have a very positive impact on your hearing.

Now, there aren’t any studies testing lipid replacement therapy for hearing loss in people—yet. But one study found that lab animals suffering from age-related hearing loss regained hearing sensitivity, and had no further hearing loss after six months on NT Factor lipids.¹⁰

And it turns out that they may also relieve crippling arthritis pain as well.

“All of a sudden, I realized the pain was gone”

Andrea Barrett was struggling to get through the day, every day... and hers were challenging.

At 73 years old, she was taking full-time care of her 11-year old grandson, on top of babysitting for her baby granddaughter. And though the kids keep her young at heart, arthritis pain colored every minute. With osteoarthritis attacking her neck, back, and knees, Andrea struggled through the pain, as she somehow managed to get everything done.

“I was fatigued, tired a lot, and especially in pain. Sometimes I take ibuprofen or aspirin, sometimes Tylenol, but I don’t want to take too much because I’m afraid of the side effects. But I have so much to do, I would just bear the pain and work right through it—even though it was really hard. Getting in and out of the car was painful. And vacuuming was like torture!”

Because she’d been feeling tired—and what grandmother taking care of a toddler and a tween wouldn’t—she decided to try some energy wafers a friend told her about—Vibrant & Clear Energy Wafers.

And after just one month, “I was completely amazed at how I felt. I had no more afternoon slump. I had less mental fatigue, and more clarity. And then something else happened.”

“All of a sudden, I realized the pain was gone. I can lift my granddaughter again without my back killing me. I have no stiffness when I’m driving. These wafers have helped me a great deal, I am completely sold.”

Restoring youthful function and preventing new damage

From the never-ending pain of fibromyalgia to crippling arthritis pain to life-sapping fatigue, NT Factor works to turn things around by focusing on the very heart of the problem. Because even though your mitochondria and the cells they occupy are microscopically

small, the impact they have on pain and fatigue can be devastatingly huge.

And ongoing research shows us just how bringing a fresh pristine supply of NT Factor lipids to these tiny powerhouses makes all the difference.

- A brand new study reported that treatment with phospholipids can “naturally restore mitochondrial function.”¹¹
- A review of lipid replacement therapy found that they reduced fatigue in fibromyalgia patients by as much as 43.1% and restored mitochondrial function.¹²
- In just one week, fatigue decreased by an average 36.8% while mood and cognition improved measurably in 67 patients taking NT Factor.¹³
- A 2003 study found that NT Factor restored mitochondrial function by 26.8%, back to a level typically seen only in young healthy adults.¹⁴

And not only has this treatment been proven to dramatically improve mitochondrial function, NT Factor lipids can also protect your cell membranes and your precious mitochondria against future damage.¹⁵

Find true and powerful relief from fibromyalgia pain—and so much more—with Vibrant & Clear Energy Wafers

No matter how long you’ve been struggling with fibromyalgia (or arthritis, or chronic fatigue), Vibrant & Clear Energy Wafers may help you turn the tables on your debilitating disease.

The manufacturer recommends taking three wafers daily, preferably in separate doses.

If you’d rather not take the (delicious) chewable wafers, you can also find NT Factor in a product called OptiFactor, which contains other nutrients in addition to the NT Factor lipids (see your December 2011 *Members Alert* for full details). The manufacturer recommends taking two capsules, three times per day.

You can find ordering information for Vibrant & Clear Energy Wafers (and also for OptiFactor) in your Member Source Directory on page 8. **HSI**

COPD patient reveals: "It's what keeps me breathing—I swear by it"

by Michele Cagan

You can't get enough air. As you gasp for breath, panic sets in.

Because there's nothing you can do, and you're suffocating.

If you live with COPD, that experience—and the desperate fear that comes with it—happens all too often. It colors everything you do... until you feel like you can't do anything. No walk around the neighborhood with your wife, no cooking dinner for your family, even showering can trigger an anxiety-filled episode.

And according to mainstream medicine, there is no cure. Nothing to stop your COPD from getting worse. All they can offer are drugs you have to take all the time, even though they don't work all the time, and they cause dozens of side effects. They are wrong.

The real solution exists, an herbal formula that will help you breathe freely again, every day, all the time, with no side effects.

COPD robs you of more than breath

Nearly 13 million Americans are officially diagnosed with COPD, though researchers believe the number is closer to 24 million... and that's a lot of people suffering under this enormous burden.

Because while COPD robs its victims of the very air you need to breathe, it takes a much wider toll on your life, your family, and your wallet. The impact is so huge, that many research studies^{1,2,3} are dedicated to understanding it. And as a COPD sufferer, you may be staggering under the weight of the life side effects of this always worsening disease.

- The massive financial strain (from prescriptions, doctor visits, lost work days, and more)
- Extreme emotional distress brought on by severe episodes
- The strain on your family, partly because you just can't do things you've always done
- The frustration and sheer exhaustion that limited breathing brings
- An overwhelming fear of COPD progression

That's a lot to deal with, especially when you can't command the most basic survival function—simply taking a breath. And while inhalers might help you catch a breath, sometimes, they do not offer any hope of a true, long-term solution.

Diabetes should not be the cost of breathing

COPD sufferers need help to breathe—and they're often at the mercy of potentially harmful drugs to get that next breath.

But COPD drugs, which come mostly in the form of inhalers, can do a lot of damage, including putting you at higher risk for diseases like diabetes, osteoporosis, pneumonia, and glaucoma.

What they can't do, though, is heal your lungs or improve your lung function.

Even if you use these prescription drugs regularly, as directed, COPD gets progressively worse, making breathing more difficult with each passing day.

And where mainstream medicine has failed, natural medicine succeeds. Because not only can Resprin help you breathe, it could possibly slow down the progression of your condition. In fact, based on the experience of many customers (including HSI members) the longer you take Resprin, the less you need to take.

I couldn't get air in to my lungs—now I can"

Not too long ago, Marion Becker started finding it harder and harder to breathe. All of a sudden, the simple act of climbing stairs or vacuuming left her short of breath and coughing uncontrollably. She couldn't talk for more than a few minutes without gasping for breath. So a couple of months ago, her very worried husband finally got her to go to the doctor.

The doctor gave her a breathing test, and she failed. So he sent her home with inhalers—a long-acting one to use twice a day, and a rescue inhaler she could use every two hours as needed. That concerned her husband, too, because he'd read about the side effects.

Right around then, they came upon

HSI's *Miracles from the Vault*, and that's how they learned about Resprin. And as soon as her first order came, she prayed "Please, God, let these work," and took three capsules to start. By day three she noticed something very different: She was blowing her nose *a lot* as mucus began to clear out, and her breathing got a lot better. After a month, she was blowing her nose less (but still some), and breathing normally again.

"When I used the inhaler, I could get breath for a little while, but then I'd lose my breath and need to rest again. That was hard for me, because I love to be active, and it's hard to sit still. But now, even after a flurry of activity I feel tired—but not out of breath."

"Before, I couldn't get air in to my lungs," she told me. "Now I can."

"I'm still breathing"

HSI member Bill Gerber loves to work in his Agway stores (he has two of them), talking to the "old guys, my customers for the last thirty years." He misses the camaraderie when his COPD keeps him from the store... and in the cold winter weather, he misses it a lot.

But he tries not to let COPD hold him back. "I've been diagnosed for ten, twelve years," he told me. "Even though it makes me short of breath, I try to work around it. But I never wanted to use those inhalers." And though he's considered kicking the habit, Bill still smokes.

Luckily, Bill read about Resprin in his *HSI Members Alert* a while back, and decided to try it. Now, he's been using Resprin for two years, and it "really helps me, I swear by it." Once in a while, when he has a bad episode, he "ups the dose," which helps tame the flare-up but doesn't give him any side effects.

"I tell my friends it's worth a try. I just got another shipment yesterday. It's what keeps me breathing, I swear by it."

Same healing herbs, now even more healing power

The 23 traditional Chinese herbs that make up the Resprin formula have all

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The secret to deep, uninterrupted, rejuvenating sleep.

Because Wulinshen contains a most important deep-sleep compound, a crucial “calm-down” neurotransmitter known as GABA (gamma-aminobutyric acid).

In fact, sleep drugs like Ambien work by increasing your brain's GABA supply... only Wulinshen does it naturally, and without terrifying side effects. Rather, the “side effects” of Wulinshen include a sense of well-being and improved cognitive function. Most important, though, is the impact on your sleep.

In a clinical trial run in eleven Chinese hospitals, 90% of the participants found that Wulinshen improved their sleep—in some cases, they were completely free of insomnia symptoms. Other research has shown that this rare compound can also shorten the time it takes to fall asleep while helping you stay asleep longer. The Wulinshen also seems to have a cumulative effect—so if you forget to take it one night, you'll still enjoy its effects for peaceful sleep.

And it's just the first ingredient, the centerpiece, of SleepCycle, a naturally calming formula that will leave you feeling rested and refreshed after a truly good night's sleep.

One hormone, two amino acids, and a proprietary blend of Chinese herbs

Insomnia is not a simple problem, and it doesn't hit everyone the same way. But whether you have trouble falling asleep, staying asleep, or sleeping well, SleepCycle will help you finally get all the way through a good night's sleep.

Building on the unique effects of Wulinshen, this formula tackles sleepless night from every angle, combining modern science with the deep traditions of ancient Chinese medicine. And this innovative blend of ingredients is helping people sleep better every night.

Melatonin, the “sleep hormone,” naturally dwindles as you get older, so adding some to the formula helps gently reset your body clock and prepare your body for sleep at night.

5-HTP (5-Hydroxytryptophan) is a crucial amino acid that your body needs to

create serotonin, a brain chemical that helps ease anxiety and promote restful sleep.

L-Theanine, another critical amino acid, helps relax your mind and improve the quality of your sleep.

And then there are the carefully chosen traditional Chinese and Western herbs, all used for generations to promote deep, restful sleep. This unique propriety blend of seven natural plant extracts includes:

- Dong quai
- Lemon balm
- Valerian
- Passionflower
- Hops
- Polygala
- Jujube

Armed with the power of centuries-old herbs, one potent sleep hormone, two calming amino acids, and a healthy dash of GABA-promoting termite food, SleepCycle will help you sleep better than you have in a very long time.

“I had forgotten what it felt like to sleep”

Lorna Crenshaw slept poorly for years, waking up repeatedly through the night... and often having a really tough time falling back to sleep.

When morning rolled around, she'd still feel tired and sleepy. Her husband

suggested sleeping pills, but they scared Lorna, so she turned to natural remedies instead. But none of them really worked.

A friend urged her to try SleepCycle.

And for the first time in a very long time, Lorna slept through the whole night, without waking up even once.

“Finally I've found something that helps me sleep. I wake up in the morning feeling rested and happy. I had forgotten what it felt like to sleep, deeply, every night.”

“At last I've found something that helps”

Until last year, Andrea Rutherford rarely thought about sleep. But then, it started.

“Once or twice a week, I would climb into bed feeling tired as usual after a long day, but instead of dropping off to sleep I would find myself just lying there, staring at the ceiling in the dark, totally puzzled and increasingly panicked as hour after hour slipped by. Sometimes I would finally fall asleep for an hour or so around 6 a.m., but usually I wouldn't sleep at all, and the whole next day I would stagger around half-conscious.”

Andrea did not want to get started on prescription sleep drugs—she didn't want “to get hooked on anything, and I didn't want the side effects.”

Then she found SleepCycle. “I'm a cynical pessimist, so imagine my joy and relief when I discovered how well these work for me. They put me to sleep promptly, and I wake up seven or eight hours later feeling rested and completely normal: no side effects, no aftereffects.”

“At last I know I've found something that helps.”

Defeat killer insomnia with SleepCycle

Whether you have trouble falling asleep, staying asleep, or sleeping deeply, SleepCycle holds the solution. This unique combination of nutrients, herbs, and rare “termite food” contains exactly what you need to finally get a good night's sleep every night.

The manufacturer recommends taking two capsules thirty minutes before bed time.

You can find ordering information for SleepCycle in your Member Source Directory on page 8. **HSI**

Sleeping pills are especially dangerous...

On top of all the common dangers of sleeping pills (like terrible side effects and addiction risk), for some people they're even more hazardous. Avoid these perilous drugs if you're an older adult, take other medications, or have any history of

- ▶ Depression
- ▶ Liver disease
- ▶ Kidney problems
- ▶ Sleep apnea
- ▶ Metabolic disorder
- ▶ Glaucoma
- ▶ Trouble urinating
- ▶ Heart disease
- ▶ Respiratory problems (including asthma or COPD)

And the impact can be even worse for women, which is why the FDA now requires some drug manufacturers (like the makers of Ambien) to make lower dose pills for the fairer sex.

COPD patients breathe freely again

(continued from page 6)

been used by healers for generations... and now by many HSI members.

The formula has worked so successfully for so many of you that I was skeptical when I heard the manufacturers were making some changes.

But it turns out those changes made the formula even better and more effective.

First, most of the herbs in Resprin now are organically grown, increasing the formula's purity. And they still use whole herbs in the formula, the very same herbs proven effective by centuries of traditional use, rather than the standardized extracts that focus on single compounds taken from complex herbs.

And here's the most important part: The new blend is stronger than ever before, using higher potency herbs. That means more power—and fewer pills—for you.

Science catches up with tradition

The central ingredient in the Resprin formula (known as the Emperor in Chinese medicine) is an ancient root whose healing powers have served generations—*Platycodon grandiflorum*. And now modern science has just begun to uncover its potential, especially when it comes to easing the stifling symptoms of COPD.

One new study⁴ found that com-

pounds in *Platycodon* help control the production of mucus in the airways and act as expectorants. Another group of researchers found that a specific compound (Changkil saponin) found in *Platycodon* root helps suppress mucus production.⁵ Those studies followed an earlier breakthrough finding that this plant root helped reduce airway inflammation in a mouse model of asthma,⁶ leading researchers to conclude that *Platycodon* root could be helpful for people suffering with bronchial asthma.

The most recent study⁷ found that *Platycodon* root (on its own and in combination with other Chinese herbs) reduced inflammation in a rat model of COPD.

And studies investigating several of the other Chinese herbs in Resprin have shown very promising results for COPD sufferers as well:

- Ginseng appears to improve quality of life and FEV1 (the amount of air a person can blow out—forcefully expel—in one second) in COPD patients⁸
- COPD patients suffering pulmonary hypertension (intense pressure in the arteries that carry blood from your heart to your lungs to pick up oxygen) had

improved blood flow and better blood oxygen levels after injection with *Angelica sinensis*⁹

- Researchers recently discovered that ginger and four specific compounds found in whole ginger helped relax airway muscles, crucial for drawing full breaths,¹⁰ working just like beta-agonist drugs¹¹ which are used in many prescription inhalers
- An animal study¹² conducted in 2013 found that *Lingusticum wallichii* helps protect the brain from injury brought on by reduced oxygen

And though they haven't all been the subject of directed scientific research, all 23 herbs in the Resprin formula have been proven effective time and again through centuries of tradition—and the formula itself has worked effectively for thousands of customers.

Resprin helps you breathe again

No matter how long you've struggled to draw breath due to your COPD, Resprin can help make breathing easier again.

The manufacturer recommends taking 2 to 6 capsules daily, as needed.

You can find ordering information for Resprin in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

Vibrant & Clear Energy Wafers, Markit Health, PH: (800) 950-0387; www.WaferEnergy.com. One 60-count bottle of Vibrant & Clear Energy Wafers costs \$49.95. HSI members will get special, exclusive savings: Buy two bottles (at regular price) and get a third bottle for half price, or buy six bottles for the price of four. Simply mention HSI to take advantage of these special savings. Minimum order for customers outside the U.S. is three bottles.

OptiFactor, Markit Health, PH: (800) 950-0387, www.OptiFactor.com. One bottle (a one-month supply) costs \$59.95, or you can purchase three bottles for \$149.85—a 50% savings on the third bottle. Simply mention HSI to take advantage of this special offer. Minimum order for customers outside the U.S. is three bottles.

SleepCycle, Tango Advanced Nutrition, Ph: (866) 778-2646; www.puretango.com. SleepCycle costs US\$39.95 per 60-capsule bottle. (a one month supply). HSI members will receive exclusive savings of 15% on SleepCycle. Simply use coupon code SLEEPWELL3 when ordering.

Resprin, NuCentury Herbs, Inc., Ph: (877) 473-7774; www.resprin.com. One 90-count bottle of Resprin costs \$26.99. HSI members will receive free shipping on purchases of three or more bottles through July 31, 2014. Simply use code HSHSHIP when ordering. Product is only available in the United States at this time.

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